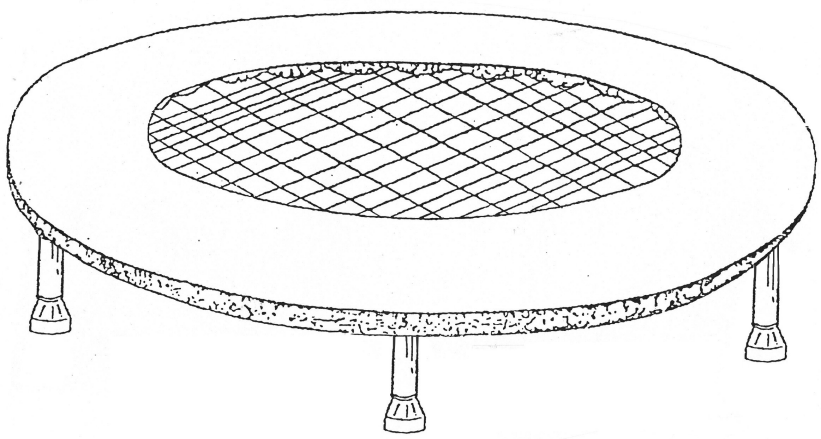
Serial No. CW

V-fit

by

BENY UK SPORTS LIMITED



Jogger Trampoline

GE2

Assembly & User Manual

General Information

Quality

This V-fit exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your V-fit exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact us first for help and advice, asking for CUSTOMER SUPPORT, by any of the following means.

Tel:- 0871 222 0881 or
Fax:- 01535 637722 or

Email:- beny@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
*BD20 7*BW

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED

Guarantee

Beny Sports Co. UK Ltd. guarantee's its V-fit product range for DOMESTIC USE only for a period of 2 years from certified date of purchase. During this period we have the right to: -

a). provide parts for the purchaser to effect repair.

b). repair the product returned (at the purchaser's cost) to our warehouse.

c). replace the product if it is deemed economical to do so.

This guarantee applies to the original purchaser only and is not transferable.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse or defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product, we may ask for proof of purchase. To enable us to service your requirement for replacement parts, you must return the enclosed Guarantee Registration Card within 14 days of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This does not affect your statutory rights as a consumer.

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Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved your doctor and proper use of your V-fit product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- *Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- *For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- *Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- *Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your V-fit product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- *Before use, always ensure that your V-fit product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- *Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

Your V-fit product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

Your V-fit product is suitable for users weighing:
175*LBS / 12.5 Stones / 80KG or less.*

Conformity

This V-fit product conforms to:
(BS EN 957) - PARTS 1 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.

Exercising Information

Beginning

How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you MUST start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Exercising Information

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.

Target Zone *(con't)*

USERS AGE	UNCONDITIONED *TARGET ZONE - A*	CONDITIONED *TARGET ZONE - B*
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Jump 2 *minutes at 'A'*
Rest 1 minute
Jump *2 minutes at 'A'*
Jump *slowly 1 minute*

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Jump 4 *minutes at 'A'*
Rest 1 minute
Jump 2 *minutes at 'A'*
Jump *slowly* 1 *minutes*

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Jump 4 *minutes at 'A'*
Rest 1 minute
Jump 2 *minutes at 'A'*
Jump *slowly* 1 *minute*

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Jump 2 *minutes at 'A'*
Jump 1 *minutes at 'B'*
Jump 2 *minutes at 'A'*
Jump *slowly 1 minute*
Jump 3 *minutes at 'A'*
Jump *slowly* 1 *minutes*

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Jump 1 *minutes at 'A'*
Jump 1 *minutes at 'B'*
Jump 3 *minutes at 'A'*
Jumpe *slowly 1 minute*
Repeat entire cycle 3 times

This is only a suggested programme and may not suit every individual's needs.

Assembly

LEVELLING THE TRAMPOLINE

Please ensure that your V-fit TRAMPOLINE is used on a firm, stable surface.

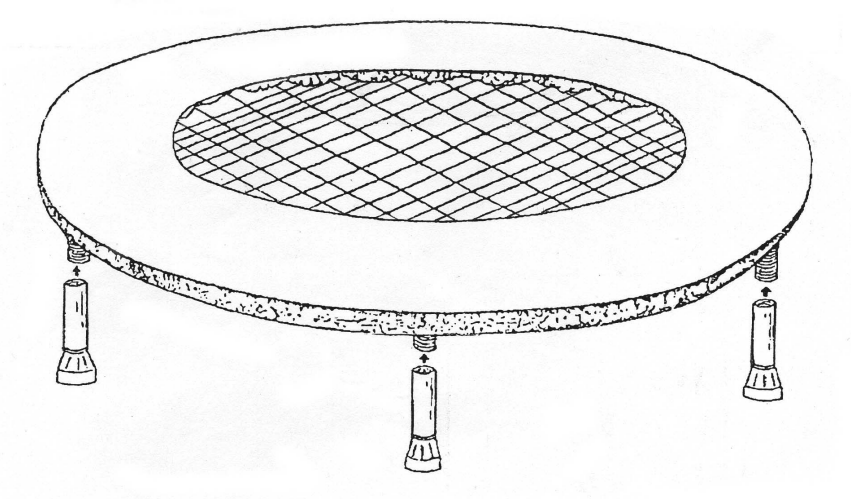
LUBRICATION and MAINTENANCE

The moving parts in V-fit TRAMPOLINE *are all pre-lubricated* at assembly *and should not require further attention. We strongly* recommend that the Trampoline *is used inside and stored in a* dry condition. To clean the metal *and plastic components, a general* household cleaner can be used, but *please be sure to dry the* Trampoline and any attachments before use.

Note: - In the interest of safety, do NOT use polish or any lubricant on the mat.

ASSEMBLY INSTRUCTIONS

(No special equipment necessary) to assemble
Simply screw in the six trampoline legs by hand. Be sure legs are securely screwed into place before useing.



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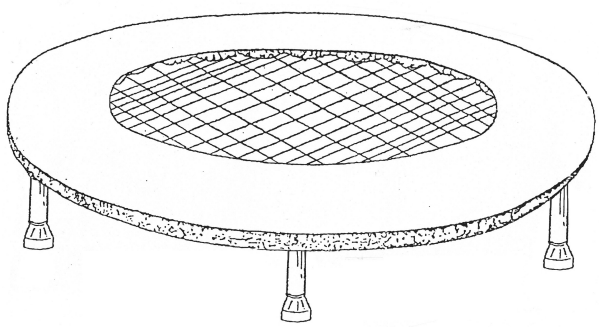

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